NOVA
Holistic Wellness

CARE. COMPASSION. COMMUNITY.

CLASS SCHEDULE

MONDAY

06:00
Sunrise Yoga Flow
with Jax

16:30
Kuan Yin Qigong
with Jo

18:00
Yinyasa
with Candice

TUESDAY

17:30
Functional Fitness
with Louné

WEDNESDAY

06:00
Sunrise Yoga Flow
with Jax

08:00
Kuan Yin Qigong
with Jo

09:00
Midweek Mindfull Connection
(Free Online)

17:30
Hot26/Hot Vinyasa
with Candice

THURSDAY

08:30
Yin Yoga
with Karen

17:00
Kuan Yin Qigong
with Jo

18:00
Intermediate Vinyasa
with Jax

FRIDAY

06:00
Sunrise Yoga Flow
with Jax

08:00
Kuan Yin Qigong
with Jo

SATURDAY

09:00
Intermediate Vinyasa
with Jax

VARIOUS EVENTS & SPECIAL CLASSES OFFERED EACH MONTH

BOOK YOUR CLASS

www.novaholisticwellness.com

064 545 5709